



# Supporting Healthy Schools

When school staff, parents, and families are engaged in children's school activities, students get better grades, choose healthier behaviors, and have better social skills.



School health activities are also more successful when parents and caregivers are involved.

## What Parents Can Do to Support Healthier Schools



Ask that water be available all day.



Join the School Wellness Team to support healthy practices.



Encourage educators to reward kids with extra time for recess or a special game instead of unhealthy snacks.



Motivate kids to sign up for after-school physical activity offered by the school—or volunteer to lead.



Talk with neighbors about forming a walking school bus—taking turns walking safely to and from school.



Support safe walking and biking routes to school if the community does not already have them.

Make sure your kids have what they need to stay healthy and safe at school.

Learn how to prevent chronic diseases and maintain a healthy lifestyle and follow @CDCChronic on Twitter.

